

FITNESS

Starting a Worksite Walking Club

One of the best ways to stay active at work is to make sure you have plenty of support. That's why a walking club works perfectly. Dozens of your coworkers are interested in fitness but just need someone to get them organized. Walking is an economical activity that only requires time. Walking can be done before work, during lunch or after work. Brisk walking is beneficial when done regularly for a total of 30 minutes or longer. If you are thinking about walking as a way to become physically active consult your family physician.

Steps to Starting a Walking Club

1. Advertisement

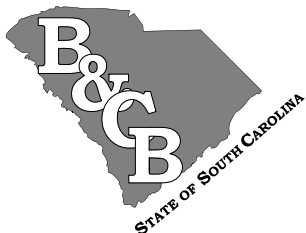
To start a walking club, first place notices up and spread the word. Use lots of different promotional methods such as newsletters, e-mail, voice mail or staff meetings to inform coworkers about the walking club. The key is to get the word out!

2. Make your walking club flexible.

There may be individuals who may not be available to walk during or after work hours but can walk during lunch. Still include these people in your walking group. Individuals who only have 30 minutes for lunch may decide to develop a program that allows them to walk ten minutes before work, 10 minutes during lunch and 10 minutes after work. The idea is to get people moving and to provide support.

3. Provide support and be creative and dedicated

Encourage walking club members. Walking club members who are discouraged may need a boost in their steps especially at the beginning. Be creative to encourage members. Have club members map out different walking routes or have a walking party. Encourage walkers of all fitness levels, from the couch potato to the experienced marathon runner. Introduce group members to local walking resources such as parks, malls and nature trails. On inclement weather days have a back-up plan. For example, on rainy days have a mapped out walking route inside the office building.



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